

**Lee District RECenter**  
**Fitness Drop-in Classes August 23rd - September 15th**



Due to physical plant maintenance, we have had to change our offerings at the end of the Summer 2006 Session. All registered classes end by August 22nd .  
**All of the classes listed with an XYO behind them are included with membership plans (LFP and DFP) or daily admission fees. ALL OTHER CLASSES MUST BE PAID FOR THROUGH MEMBER SERVICES AND THE RECEIPT MUST BE PRESENTED TO THE INSTRUCTOR AT THE START OF CLASS (\$8.00 in county and \$10.00 out of county).**  
 There will be some dust and fumes associated with the repairs. If you are sensitive to environmental issues, please attend with caution.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Thank you for the opportunity to provide partial services during our bi-annual cleaning and renovation period. We are here to answer any questions, and the office will remain open during the shut-down to handle registration and inquiries.</p> <p>If there are any questions or suggestions, do not hesitate to call 703-922-9841 or email: <a href="mailto:marie.vasquez-cropper@fairfaxcounty.gov">marie.vasquez-cropper@fairfaxcounty.gov</a></p> <p>Sincerely,                      Marie Vasquez                      Fitness Director</p>			<p>23-Aug</p> <p>9:00a Allegro                      9:00a Gentle Yoga                      10:00a Hatha I                      6:30p Crew                      7:30p Endurance Cycle                      8:00p Karate</p>	<p>24-Aug</p> <p>6:00a Cycle SPIN (XYO)                      7:00a Body Sculpt (XYO)                      9:00a Hatha II                      9:00a Allegro                      12:00p Cycle SPIN (XYO)                      1:00p Sculpt, Strength, Tone (XYO)                      6:30p Salsa Aerobics (XYO)                      7:30p CardioKick                      7:30p Hatha I</p>	<p>25-Aug</p> <p><b>Gym and Pool close for renovations at 9:30pm</b></p> <p>8:00a Cycle SPIN (XYO)                      9:00a Allegro                      10:30a Sr. Aerobics (XYO)                      5:15p Cycle SPIN (XYO)                      6:00p Salsa Aerobics</p>	<p>26-Aug</p> <p>8:00a Mat Fusion                      8:00a Cycle SPIN (XYO)                      9:00a CREW                      9:00a Step and Sculpt                      10:00a Allegro                      11:00a Allegro                      11:00a Kung Fu                      3:00p Power Yoga                      4:30p Karate</p>
<p>27-Aug</p> <p>10:00a Cycle (XYO)                      12:00p Yoga I</p>	<p>28-Aug</p> <p>9:00a Allegro                      9:00a Gentle Yoga                      10:00a Hatha I                      11:30a Senior Cardio (XYO)                      5:30p Step Sculpt (XYO)                      6:30p Core Condition (XYO)                      7:30p Cycle SPIN (XYO)                      8:30p Karate for Families                      9:30p CardioKick</p>	<p>29-Aug</p> <p>7:00a Body Sculpt (XYO)                      9:00a Hatha II                      12:00p Cycle SPIN (XYO)                      1:00p Sculpt, Strength, Tone (XYO)                      6:00p Kung Fu                      8:30p Cycle SPIN (XYO)</p>	<p>30-Aug</p> <p>9:00a Gentle Yoga                      10:00a Hatha I                      6:30p Crew                      7:30p Endurance Cycle                      8:00p Karate</p>	<p>31-Aug</p> <p>6:00a Cycle SPIN (XYO)                      7:00a Body Sculpt (XYO)                      9:00a Hatha II                      12:00p Cycle SPIN (XYO)                      1:00p Sculpt, Strength, Tone (XYO)                      6:30p Salsa Aerobics                      7:30p CardioKick</p>	<p>1-Sep</p> <p>8:00a Cycle SPIN (XYO)                      10:30a Senior Aerobics (XYO)                      5:15p Cycle SPIN (XYO)                      6:00p Salsa Aerobics</p>	<p>2-Sep</p> <p><b>NO CLASSES</b></p>
<p>3-Sep</p> <p><b>Building Closed</b></p>	<p>4-Sep</p> <p><b>Building Closed</b></p>	<p>5-Sep</p> <p><b>Building Closed</b></p>	<p>6-Sep</p> <p><b>Building Closed</b></p>	<p>7-Sep</p> <p><b>Building Closed</b></p>	<p>8-Sep</p> <p><b>Building Closed</b></p>	<p>9-Sep</p> <p><b>NO CLASSES</b></p>
<p>10-Sep</p> <p>10:00a Cycle (XYO)                      12:00p Yoga I</p>	<p>11-Sep</p> <p>9:00a Allegro                      10:00a Hatha I                      11:30a Senior Cardio (XYO)                      5:30p Step Sculpt (XYO)                      6:30p Core Conditioning (XYO)                      7:30p Cycle SPIN (XYO)                      8:30p Karate for Families                      9:30p CardioKick</p>	<p>12-Sep</p> <p>7:00a Body Sculpt (XYO)                      9:00a Hatha II                      12:00p Cycle SPIN (XYO)                      1:00p Sculpt, Strength, Tone (XYO)                      4:30p Allegro                      6:00p Kung Fu                      8:30p Cycle SPIN (XYO)</p>	<p>13-Sep</p> <p>9:00a Allegro                      10:00a Pilates I                      6:30p Crew                      7:30p Endurance Cycle                      8:00p Karate</p>	<p>14-Sep</p> <p>6:00a Cycle SPIN (XYO)                      7:00a Body Sculpt (XYO)                      9:00a Gentle Yoga                      10:00a Hatha I                      12:00p Cycle SPIN (XYO)                      1:00p Sculpt, Strength, Tone (XYO)                      6:30p Salsa Aerobics                      6:30p Allegro                      7:30p Hatha II                      7:30p CardioKick</p>	<p>15-Sep</p> <p>8:00a Cycle SPIN (XYO)                      9:00a Allegro                      10:30a Senior Aerobics (XYO)                      5:15p Cycle SPIN (XYO)                      6:00p Salsa Aerobics</p>	<p>September 16</p> <p><b>RE-OPENING AT 8:00 AM</b></p> <p><b>Fall Aquatic/Land/ Fitness Classes Start Today!</b></p> <p>Look for September XYO Calendar!</p>